

YOU WRITE *the* DEATH WARRANT OF YOUR YOUTH by INACTIVITY

says
Antoinette Donnelly

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OLDNESS is a disease. You can combat it as you can any other disease. "Activity" is the magic cure. Activity is youth; inactivity age. Everywhere from jellyfish to man activity signifies life. Be inactive and your muscles will become set and immobile. Your muscles will become weak and flaccid. Your joints will become stiff. You will become heavy of movement and thick of waist. Your vital organs will become inactive. Your liver will become sluggish and melancholic. Your enthusiasm wanes and your interest in life becomes narrow and stale. When this happens then YOU ARE NO LONGER YOUNG. Age has you in her ugly clutches. Maybe you are only in your twenties, maybe in your thirties, but if you are inactive you are not young! You are twenty or thirty years old instead of that many years young.

Youngness means muscular freedom and strong, firm muscles. Activity gives you these qualities of youth. Youngness means an erect, pliant attitude, alertness, and buoyancy. These virtues you don't acquire by lazy movements or lolling about on lazy verandas. Youngness means freedom from obesity and heaviness of movement. Activity is the only thing that will keep the flesh from settling on you in old age lumps. Remember this the next time you are within walking distance of your destination and you are tempted to ride.

Remember it when you feel an inclination to remain lazily lolling in the hammock or big chair and you are tempted to refuse an invitation to swim or dance or play a game of tennis. Remember it when the unholy thought goes through your mind that "this morning you'll have breakfast in bed." That means you are going to remain inactive a couple of hours longer.

Remember it when you feel too lazy to brush your hair, your teeth, and tone up your skin with a few minutes massage.

Remember you are giving the "come on" signal to age when you succumb to any temptation not to bestir yourself. Also, remember age never fails to answer that call.

Look around you at the men and women you know. Who are the youthful among them? Aren't they the eternally active members of society? Aren't they women who accomplish a great deal whether their duties are those of the household or outside of it? Aren't the men the men who do things and get somewhere in their vocations? And aren't they the men who have time outside their day's work to go in for active pleasures such as dancing, swimming, golfing, bowling, and other forms of youth retaining exercise? Of course, they are.

Take another look around among your friends and acquaintances. Who are the old ones? Aren't they the folk who have always some lazy excuse for not enjoying life? Aren't the women those who are forever hypnotizing themselves into inactivity with such excuses as the rain or to cold or headache or a tired feeling or a little embroidery? And aren't they women with heavy bodies, dull eyes, and colorless complexions nine times out of ten?

It isn't necessary to dwell at length on the fact inactivity of body means mental stagnation. It means a setness of mind, chronic garrulosity, self-centeredness and a most unhealthy tendency toward neurasthenia. You know from your own experience that the days upon which you loll about and lie around your mind is in a disgruntled, dissatisfied and discontented state. You know, too, that when you become interested again in some thing involving active physical energy your mind takes on a cheerier outlook and the whole course of your life becomes brighter as the blood quickens through your arteries.

Knowing this from your own experience why sign the death warrant of your youth by inactivity?

To keep age off, both your body and mind must be kept vigorous and flexible.

As some authority expressed it: "A man's body and his mind are exactly like a jerkin and a jerkin's lining—rumples the one you rumple the other."

A dejected physical attitude induces a dejected mental state. A tramp through the woods, on the other hand, or a brisk game of tennis or golf, a horseback ride, a swim, or even a plunge into your bathtub followed by a few minutes physical exercise will dispel like magic mental troubles and give you a feeling of hopefulness and buoyancy, synonyms for youth.

The elixir of life is the furnishing of new stimulus to body and brain. That's why you should learn to play the game of life as children play it. Go in for all the fun you can get. There's no such thing as not having time to do this. If you make time for this part of life you'll have more time than you have now for the serious side of life. You will be able to do twice as much as you are doing now.

Learn to walk with the light buoyant step of youth. Romp with the children. Take a brisk run in the fresh air and dance.

Few people realize the great curative powers of

dancing. If you are nervously tired, dance. If you feel down-in-the-mouth, dance. Whether you are fifty, sixty, or seventy, dance! Nothing has half the mental stimulus that dancing has. The music and rhythmical bodily movements bring you nearer the mental spirit of youth than any other form of exercise. Dancing is one step of that just-be-glad spirit of youth after another.

So, if you want to live to be seventy years young refuse to be old fogged or monotonous in mind. Don't let the "harking-back" habit get you. Go in for the

present day change, reform, innovation. Be fresh in interest. And remember above all that you retain youth only by activity—eternal activity, mental and physical.

ANSWERS TO INQUIRIES.

BARBARA: The chief cause of wrinkles is the disappearance of the fat layer just under the skin. Another cause is contortion of the face by frowning and other grimaces which many girls indulge in. As time goes on the skin itself gradually fits more loosely over the tissues underneath. You will have to give up the disagreeable habit of frowning and other facial contortions and each night before retiring massage the face for about five or ten minutes with a good skin food. I shall be glad to send you my formula for skin food and instructions for facial massage if you will send me a stamped, addressed envelope.

CONSTANCE: There is nothing you can do, Constance, to make yourself shorter, neither is there anything you can do to change the color of your eyes. You can be just as fascinating as any of the girls by cultivating a cheerful disposition and letting the goodness of your heart radiate from your eyes. Oftentimes, you know, beauty is only skin deep. Too much oil in the skin will make the nose shiny and greasy. Practically the only cure is a careful diet. This is a good lotion for oily skin: Orange flower water, six ounces; tincture of benzoin, one-half ounce; witch hazel, two ounces. Mix the witch hazel and the orange flower water, shake lightly, and add to the tincture of benzoin. Apply this wash with a piece of absorbent cotton night and morning.

HARRIET: The red spots on your face may be caused from indigestion or may be a form of skin disease. Be careful of your diet. Do not eat rich and

spicy foods. Drink lots of water between meals, get plenty of exercise in the open air, and guard against constipation. Use a good pure bland soap. If you see no improvement in a short time I suggest your consulting a skin specialist.

MOTHER: Most fast growing girls are self-conscious and awkward about the ages of 14 and 15. It is unkind of you not to interfere in her behalf and not allow the older boys and girls to make unkind criticisms and tease her. She will become morbid in mind if you don't take care. Help her overcome her sensitiveness by encouraging her to forget herself. She must have some good features. Instead of calling attention to her poor ones tell her about her good points.

LEILA: The constant itching of your head may be caused from dandruff. I am sure if you will try this formula it will not be long before the itching is allayed: Resorcin, two drams; grain alcohol, three drams; glycerin, one-half ounce, and of rosewater a sufficient quantity to make four ounces. Apply this to the scalp every night before you massage it.

S. M. L.: The first process of bleaching the hair on the face with peroxide and ammonia always gives it a reddish tint before it bleaches it. A person five feet two inches at the age of 29 should weigh 116 pounds. You are about fifteen pounds underweight. The best way to build up your flesh is to eat fat producing foods and get plenty of sleep and rest. I shall be glad to send you my dietary for gaining flesh if you will send me a stamped, addressed envelope.

ANXIOUS: This is a splendid exercise for developing the calves of the legs. Stand erect, with your hands resting on your hips and your legs crossed at the knees, with the right foot in front. Swing the right leg outward and around back to about eighteen inches back of the left foot. Then swing the right

leg outward and around back to the first position. Reverse the position of the feet, and perform the same movements with the left leg. The weight of the body must always be thrown on the advanced leg and perfect poise and balance must be maintained throughout the entire movement.

BROWN EYES: Yes, you can use fresh buttermilk for your freckles. It is a mild bleach. Use it just as you would water, allowing it to dry on your face. The green soap treatment is excellent for blackheads. The best remedy for pimples is a careful diet and lots of fresh air and sunshine. During the warm weather confine your diet chiefly to vegetables and fruit and

eat meat sparingly. Once a day is sufficient. Drink lots of water and take exercise. I shall be glad to send you my formula for blackheads if you will send me a stamped, addressed envelope.

LITTLE GIRL: You can comb your hair back loosely, using side combs to hold it in place. If your hair is not naturally curly all you can do is to wear it in a braid down your back with a bow at the neck. You can make it wavy and pretty by putting it up in kid curlers or rags, first moistening it with a hair curling fluid. I shall be glad to send you my formula for curling fluid if you will send me a stamped, addressed envelope.



Maudie Martin
Wera

Youngness Means Muscular
Freedom and Strong, Firm Muscles.
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